

Safety On The Road

Watch Your Footing Around Vehicles

When you think of accidents involving motor vehicles, you probably think of collisions. However, there is another leading type of injury accident – falls.

Drivers, passengers and cargo handlers, among others, can be seriously injured in falls from vehicles and around vehicles.

There are several common situations where slips, trips and falls occur on vehicles:

- When climbing in or out of the cab.
- When hooking up or unhooking the trailer.
- When standing on the front bumper to do maintenance such as checking the oil or cleaning the windshield.
- When entering or exiting the cargo area of a vehicle.
- When walking on or stepping down from a loading dock.

Here are some reminders about preventing falls around trucks and other vehicles:

- Use the step plates and hand holds provided on a vehicle. Make sure these safety aids are in place, clear of grease or ice, and in good condition. If they are missing or if the non-skid surface has worn away, have them attended to.

- Check your footwear for oil, snow and ice before stepping up or down from a vehicle.
- Maintain “three-point contact” when entering or exiting the cab, or climbing up or down any part of the vehicle. This means you should have two hands and one foot or one hand and two feet, in contact with the vehicle.
- Do not jump down from the back cargo door of a vehicle. Instead, use the step bar or mobile steps.
- A particularly dangerous practice is pulling down the overhead door as you jump down from the vehicle. Instead, maintain firm footing as you close the door.
- Check the ground or pavement before stepping off the vehicle. Look for debris, ice or loose gravel that could cause you to fall.
- Even in a low vehicle such as a passenger car, falls can occur on entering or exiting. Be sure of your footing before you step out of a vehicle, especially in icy winter conditions.
- Operators of passenger vehicles must be constantly on the alert for fall hazards such as torn floor coverings and non-skid surfaces which have been worn down by traffic. You can help prevent passenger falls by stopping as close to the curb as

possible, waiting until passengers are seated before starting out and driving smoothly.

Falls can also occur around vehicles and in areas where cargo is being loaded or unloaded. Here are some safety reminders:

- Never jump down from a loading dock to the level below – take the stairs.
- Watch where you are going, particularly if you are working near the edge of a dock.
- If you are carrying materials, be sure you can see around the load.
- Beware of slipping hazards such as icy steps and docks, clutter in traffic areas and rough pavement. Correct or report any such hazards to protect others from falls.
- Wear well-fitting work shoes in good condition with non-skid soles.
- Maintain good lighting in work areas. Report any problems such as burned out light fixtures.
- Have your vision checked regularly and wear the required prescription eyewear. Keep your glasses clean.

Falls around vehicles can cause serious injuries. Watch where your feet are going to prevent slips, trips and falls.

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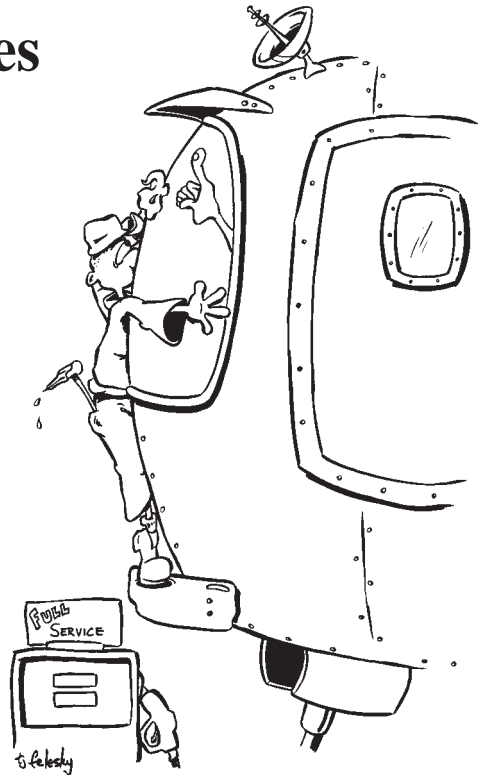
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one foot or one hand and two feet, in contact with the vehicle.

- Do not jump down from the back cargo door of a vehicle. Instead, use the step bar or mobile steps.
- A particularly dangerous practice is pulling down the overhead door as you jump down from the vehicle. Instead, maintain firm footing as you close the door.
- Check the ground or pavement before stepping off the vehicle. Look for debris, ice or loose gravel that could cause you to fall.
- Even in a low vehicle such as a passenger car, falls can occur on entering or exiting. Be sure of your footing before you step out of a vehicle, especially in icy winter conditions.
- Operators of passenger vehicles must be constantly on the alert for fall hazards such as torn floor coverings and non-skid surfaces which have been worn down by traffic. You can help prevent passenger falls by stopping as close to the curb as possible, waiting until passengers are seated before starting out and driving smoothly.

Falls can also occur around vehicles and in areas where cargo is being loaded or unloaded. Here are some safety reminders:

- Never jump down from a loading dock to the level below – take the stairs.
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- If you are carrying materials, be sure you can see around the load.
- Beware of slipping hazards such as icy steps and docks, clutter in traffic areas and rough pavement. Correct or report any such hazards to protect others from falls.
- Wear well-fitting work shoes in good condition with non-skid soles.
- Maintain good lighting in work areas. Report any problems such as burned out light fixtures.
- Have your vision checked regularly and wear the required prescription eyewear. Keep your glasses clean.

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